

100% Delicious Recipes



from the
Mt. Vernon 100% 4-H'ers

Thank you for purchasing this cookbook. Our special thanks to our famous people for contributing their favorite recipes. We hope you enjoy making the recipes as much as we enjoyed testing them. To help us learn more about food and nutrition, we conducted a nutrition analysis on some of the recipes.

Sincerely,

The members of the Mt. Vernon
100% 4-H'ers, 1991

Krista Enns

Sara Shepley

Carrie Rife Claire Sauter
Anna Bigley
Maggie D. McWilliams

Betsy A. McWilliams

Katie

Freeman

Hannah
Brannah
Lorette
Cregor

Crystal
McLennick



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Wichita Board of Education Cake
Robert and Jan Anderson
Vice-Provost for Extension
Iowa State University

Bring to a boil: 1/2 c. vegetable oil, 1 stick (1/2 c.) butter or oleo, and 4 Tbsp. of cocoa.

In a large mixing bowl, blend 2 c. all-purpose flour, 2 c. sugar, 1 tsp. baking soda, and 1/2 tsp. salt. Pour the hot mixture above over the dry ingredients and blend well with an electric mixer. Batter will be somewhat stiff.

Add to the above: 2 eggs, 1 tsp. vanilla, and 1/2 c. buttermilk or sour milk. Blend well. Gradually add 1 c. of cold water. Batter will be thin.

Grease a 12" x 18" jelly roll pan and flour it lightly. Pour batter into pan. Bake 15 - 20 minutes at 350 degrees until cake tests done. As soon as cake has cooled for 5 minutes, while it is still hot, pour the following frosting over the cake and spread it to cover the entire cake. Let finish cooling and cut into 3" squares. Makes 24 servings.

Frosting: Bring to a boil, but don't cook: 1 stick (1/2 c.) butter or oleo, 6 Tbsp. milk and 4 Tbsp. cocoa. Add 1 lb. box of confectioners sugar. Beat with a hand mixer until most of the lumps have disappeared. Add 1 c. of chopped pecans or walnuts. Pour hot frosting on hot cake.

Frosted cake can be frozen to serve at a later date.

The cake recipe is Dr. Anderson's favorite. In fact, our whole family loves it and asks for it often.

Calories: 320 per serving
Percentage Distribution of Calories:

Protein	3%
Fat	44%
Carbohydrate	52%

Percentages of U.S. RDA

	10	20	30	40	50	60	70	80	90	100	%
Calories	12%	*****									
Protein	4%	**									
Calcium	2%	*									
Phosphorus	4%	**									
Iron	4%	**									
Vitamin A	7%	***									
Thiamin	7%	****									
Riboflavin	5%	**									
Niacin	3%	*									
Ascorbic Acid	0%										

Company Chicken Dish

Robert and Jan Anderson
Vice-Provost for Extension
Iowa State University

Boil, bake or microwave 4 whole chicken breasts until tender.
Cool, bone, and skin. Cut into large pieces.

Cook two 10 oz. packages of frozen broccoli spears (or cook fresh broccoli). Cut into large pieces.

In a 10" x 13" greased casserole dish, place broccoli, then chicken. Cover with sauce (recipe below). Sprinkle bread crumbs and Parmesan cheese over the top. Bake at 350° for 40 minutes, or until brown and bubbly.

Sauce: Combine 2 cans of condensed cream soup (mushroom, celery, or chicken), 1 c. of mayonnaise, 1/4 c. lemon juice, and 1 tsp. curry powder. Heat gently.

Serves 8 people.

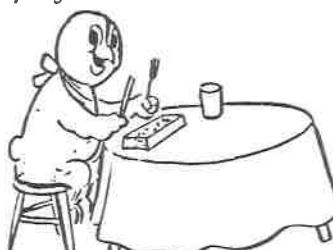
We like to serve this dish when we have company.

Calories: 407 per serving

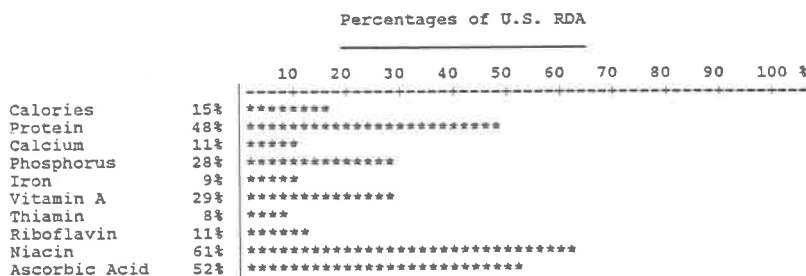
Percentage Distribution of Calories:

Protein	31%
Fat	61%
Carbohydrate	6%

continued



Nutrition chart for Company Chicken Dish



Shepherd's Pie

Dr. Kim Brandt, M.D.

Mt. Vernon Family Medical Associates, PC

1 lb. ground beef (or ground mutton)
1/3 c. finely chopped mild onion or leeks
2 Tbsp. margarine

Cook above ingredients until lightly browned, drain, then add to the skillet:

1 can whole green beans, drained
1 can tomato soup
1/2 tsp. coarse dark pepper

Stir meat, beans, and tomato soup together for 1 minute, then place in a 1 1/2 quart round casserole dish. Make 6 cups Hungry Jack instant mashed potatoes and add 1 egg. Pile 4 mounds of potatoes on top of casserole and sprinkle with 1/2 c. shredded cheese of choice. Bake at 350° for 20 to 25 minutes. Serves 4 to 6.

Creamy Creme de Menthe Cake

Dr. Kim Brandt, M.D.

& daughter, Elisa

Mt. Vernon Family Medical Associates, PC

1 box white pudding cake mix
1/3 c. green creme de menthe
1 1/2 cans Hershey fudge sauce
1 (12 oz.) carton Cool Whip, thawed
1 /4 c. green creme de menthe

Mix cake mix as directed, beating 1 1/2 minutes on medium speed. Add 1/3 c. creme de menthe and beat 30 seconds. Pour mix into greased and floured 9"x13" cake pan and bake at 350° for 25 to 30 minutes. It will cook faster than the box directions due to the creme de menthe. Test with a fork for doneness. Do not overbake. Cool on a tray. When fully cool, spread the fudge sauce over the top.

Mix Cool Whip with 1/4 c. creme de menthe and frost the whole cake. Refrigerate. This may be frozen for up to one day.

Chicken Divan

Dr. Becca Brandt, M.D.

Mt. Vernon Family Medical Associates, PC

5 or 6 double chicken breasts (simmer with onion and celery)

3 cans cream of chicken soup

1 c. mayonnaise

1/2 c. water

2 pinches of curry powder

2 shakes of nutmeg

2 boxes frozen broccoli spears, cooked

grated Parmesan and cheddar cheese

1 can mushrooms, drained

Remove bones from chicken breasts. Combine soup, mayonnaise, water, curry powder, and nutmeg.

In a long, flat baking dish, put a layer of sauce, then all of the chicken, the broccoli, some of the cheese, then the mushrooms. Over this, pour the remaining sauce. On top, sprinkle a combination of grated Parmesan and cheddar cheese. Top with buttered crumbs. Bake for 25 minutes (or longer) at 350°. Serves 10 to 12.

Almond Crescent Cookies

Dr. Becca Brandt, M.D.

Mt. Vernon Family Medical Associates, PC

1 c. margarine

1/3 c. sugar

2 tsp. water

2 tsp. vanilla

2 c. flour

1/2 c. chopped almonds

Cream margarine to soften, add sugar. Mix in water and

continued

Almond Crescent Cookies continued

vanilla. Gradually add flour and nuts.

Chill dough 3 to 4 hours. Form dough into long roll 1/2" across. Cut into 3 inch lengths and shape in crescent shape. Bake on ungreased cookie sheet 15 minutes at 325°. Sprinkle with powdered sugar while warm.

Fudge Bars

**Mr. Cullen, Principal
Washington Elementary
Mt. Vernon, Iowa**

1/2 c. Crisco
1 c. brown sugar
1/2 tsp. vanilla
1 egg (well beaten)
3/4 c. flour
1/2 tsp. salt
1/2 tsp. soda
2 c. quick oats

Filling: 1 - 6 oz. pkg. chocolate chips
1 Tbsp. butter
1 c. Eagle Brand Milk
1/4 tsp. salt
1 tsp. vanilla
1/2 c. pecans (chopped) (optional)

Cream Crisco, sugar, vanilla. Add egg and beat until fluffy. Add sifted dry ingredients. Mix well. Stir in oatmeal. Press all but 1 cup into greased 9" x 13" pan.

Filling: Blend first 4 ingredients over low heat. Remove and add vanilla and nuts. Pour over dough. Drop reserved dough

continued

Fudge Bars continued

in drops over mixture. Bake at 350° for 20 to 25 minutes.

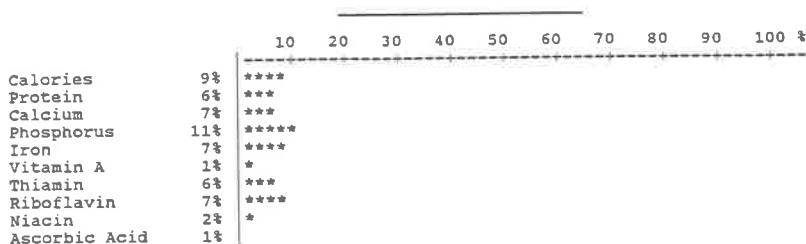
Makes 20.

Calories: 231 per serving

Percentage Distribution of Calories:

Protein	6%
Fat	51%
Carbohydrate	46%

Percentages of U.S. RDA



Poppy Seed Bread

Jim Engelbrecht
Mayor of Mt. Vernon

3 c. flour
1 1/2 tsp. salt
1 1/2 tsp. baking powder
3 eggs
1 1/2 c. milk
1 1/8 c. oil
1 1/2 tsp. vanilla
1 1/2 tsp. almond flavor
1 1/2 tsp. butter flavor
2 1/4 c. sugar
1 1/2 Tbsp. poppy seed

Mix all ingredients together well. Pour into 2 greased loaf pans. Bake at 350° for 1 hour. After baking, poke holes in the warm bread and pour glaze over top. Cool and remove from pan.

continued

Poppy Seed Bread continued

Glaze:

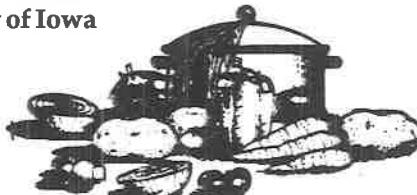
1/2 tsp. almond flavor
1/2 tsp. butter flavor
1/2 tsp. vanilla
3/4 c. sugar
1/4 c. orange juice

Mix these ingredients together well.

Chili

Hayden Fry
Head Football Coach
The University of Iowa

2 lbs. ground beef
1 16-oz. can tomatoes
2 cans water
1 large onion, chopped
4 cloves garlic, minced
1 pkg. Wick Fowler's 2-Alarm Chili Mix



Sear meat until grayish color. Process tomatoes in food processor about 30 seconds, or chop coarsely; add to meat, along with two cans water. Add all packets of chili seasoning mix except mesa flour. Add onion and garlic. Cover and let simmer an hour and 15 minutes. Stir occasionally. Mix mesa flour with enough warm water to make a thick but flowable mixture. Stir into the chili and simmer about 15 to 20 minutes. Skim off excess grease, or make ahead, chill, then remove grease that has risen to the top.

Pinto beans may be added if desired. Serves 6 to 8.

Olympic Cookies

Dan Gable

Head Wrestling Coach
The University of Iowa

1 c. butter or margarine
1 1/2 c. packed brown sugar
1 egg
1 1/4 tsp. vanilla
2 1/2 c. quick oats, uncooked
1 c. flour
1/2 tsp. salt
1 c. (4 oz.) M&M Plain Chocolate Candies
1/2 c. raisins
3/4 c. chopped nuts
1/4 c. coconut (optional)

Beat together butter and sugar until light and fluffy. Blend in egg and vanilla. Add combined oats, flour, soda, and salt; mix well. Stir in remaining ingredients. Drop dough by rounded teaspoonfuls onto ungreased cookie sheet about 3 inches apart. Press 2 to 3 additional candies into each cookie, if desired. Bake at 350° for 8 to 10 minutes or until golden brown. Cool on cookie sheet about 3 minutes; remove cookies to wire rack to cool thoroughly. Makes about 4 doz. 2 1/2 inch cookies. 97 calories per cookie.

This cookie recipe was given to us by the cook at the U.S. Olympic Training Center in Colorado Springs, Colorado. It is a favorite of all the athletes who train there.

Strawberry Bread

Mr. Gondek
Science Teacher
Mt. Vernon Middle School

2 - 10 oz. packages frozen strawberries (thawed and un-drained)

4 eggs

1 1/4 c. vegetable oil

3 c. flour

1 tsp. baking soda

1 tsp. salt

3 tsp. cinnamon

2 c. sugar

1 1/4 c. chopped nuts



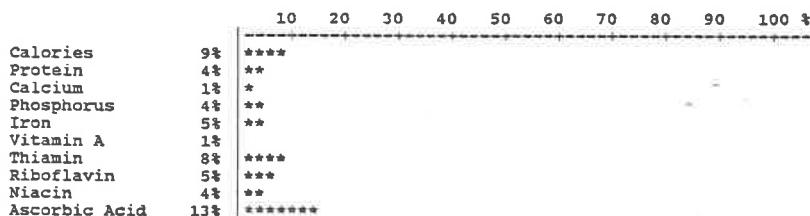
Mix together. Pour into 2 greased 9 x 5" loaf pans. Bake at 350° for 1 hour or until toothpick comes out clean.

Calories: 236 per serving

Percentage Distribution of Calories:

Protein	4%
Fat	49%
Carbohydrate	46%

Percentages of U.S. RDA



Mexican Chicken

Mrs. Gunn

Fourth Grade Teacher

Washington Elementary

Mt. Vernon, Iowa

4 whole chicken breasts (or an equal amount from whole chicken)

12 corn tortillas

1 can cream of mushroom soup

1 can cream of chicken soup

1 can chili without beans

1 small onion, chopped

1/2 c. milk

1/2 c. taco sauce

1/2 lb. jack cheese, grated

1/2 lb. cheddar cheese, grated

Precook chicken, remove from bone (I use boneless chicken breasts). Tear tortillas into inch pieces. Mix all ingredients together except cheeses. Layer mixture and cheese in 3 qt. casserole, ending with cheese. Bake at 350° for 45 minutes or, freeze. Transfer from freezer to refrigerator the night before cooking. Cook at least 2 hours at 300°. Serves 8.

My favorite recipe!

Cheesy Taco Casserole

Mrs. Gunn
Fourth Grade Teacher
Washington Elementary
Mt. Vernon, Iowa

2 c. cooked macaroni (7 oz. pkg.)
1 lb. hamburger
1 pkg. taco seasoning mix
1 can tomato sauce
1/4 c. milk
2 1/2 grated cheddar
1 onion, chopped
1 c. lettuce
1-2 tomatoes, diced

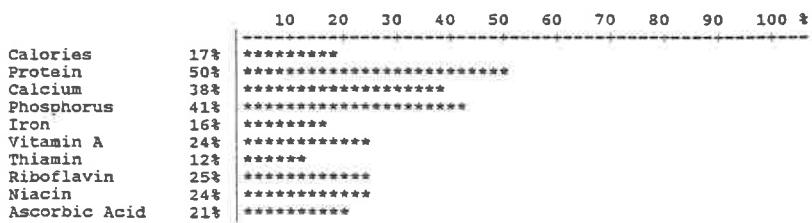
Brown hamburger and onions. Pour off fat. Add taco seasoning and tomato sauce. Simmer 5 min. Stir milk and 2 c. cheese into hot macaroni. Layer (in greased casserole pan) 1/2 macaroni, 1/2 meat mixture and onions. Add remaining macaroni then remaining meat. Bake uncovered 20 to 25 min. at 350°. Top with lettuce, tomato and cheese. Serves 6 to 8. Taco sauce and broken-up shells can be added.

Calories: 464 per serving

Percentage Distribution of Calories:

Protein	28%
Fat	56%
Carbohydrate	14%

Percentages of U.S. RDA



Toasted Almond Dessert

Reverend Hugh and Marjorie Miller
First Presbyterian Church
Mt. Vernon, Iowa

1 (12 oz.) box vanilla wafers, crushed
1 1/2 sticks oleo (3/4 c.)
3 eggs
2 c. powdered sugar
2 sq. bitter baking chocolate
1 tsp. vanilla
3/4 c. sliced almonds
1/2 gallon ice cream (vanilla, peppermint, strawberry are all very good)

1. Put 1/2 of vanilla wafer crumbs, mixed with 1/4 c. (1/2 stick) melted oleo, in the bottom of 9" x 13" cake pan.
2. Spread almonds on a cookie sheet and toast for 12 minutes at 350°.
3. In double boiler, over hot water, stir powdered sugar, 3 egg yolks, chocolate squares and oleo (1 stick). When smooth, remove from heat. Add vanilla.
4. Beat 3 egg whites until stiff. Fold into chocolate. May fold chocolate into egg whites if desired.
5. Spread chocolate sauce over crumbs; sprinkle on toasted almond slices. Let cool in refrigerator, then spread ice cream 1 inch thick over top. Sprinkle on remaining crumbs. Press gently into ice cream with back of spoon.

Serves 15.

Danish Pastry Apple Bars

Lois Pavelka, R.N.

School Nurse

Mt. Vernon Schools

2 1/2 c. sifted all-purpose flour

1 tsp. salt

1 c. shortening

1 egg yolk

milk

1 c. cornflakes

8 to 10 tart apples, pared and sliced (8 cups)

3/4 to 1 c. sugar

1 tsp. ground cinnamon

1 egg white

1 c. powdered sugar

3 to 4 tsp. milk

Combine flour and salt; cut in shortening. Beat egg yolk in a measuring cup; add enough milk to make 2/3 cup liquid. Mix well; stir into flour mixture.

On floured surface, roll half the dough into a 17"x12" rectangle. Fit into and up sides of 15 1/2"x10 1/2" baking pan. Sprinkle with cornflakes, top with apples.

Combine sugar and cinnamon, sprinkle atop. Roll remaining dough into a 15 1/2"x10 1/2" rectangle and place over apples. Seal edges, cut slits in top. Beat egg white until frothy, brush on crust. Bake at 275° for 50 minutes. Combine powdered sugar and 3 to 4 teaspoons of milk. Drizzle over cookies. Makes 3 dozen.

Pot Roast Meat Loaf
Lois Pavelka, R.N.
School Nurse
Mt. Vernon Schools

1 lb. ground chuck
2/3 c. evaporated milk (small can)
1/3 c. bread crumbs (or cornflakes crumbs)
1/4 c. catsup or chili sauce
1 tsp. salt
2 tsp. worcestershire sauce
1/4 tsp. pepper

Mix and shape into loaf in center of a 13"x9"x2" pan. Peel and slice 1/4 inch thick, 3 medium potatoes and onions. Peel and slice or quarter 3 medium carrots. Also add several pieces of celery. Place vegetables in layer around meat. Sprinkle with salt and parsley flakes. Cover pan tightly with foil. Bake at 375° for one hour. Uncover and bake 10 minutes more to brown meat.

Italian Noodles

Jim Walden
Head Football Coach
Iowa State University

2 1/2 lb. lean ground chuck
2 Tbsp. vegetable oil
2 large chopped onions (2 c.)
3 chopped celery ribs with leaves (2 c.)
3 large grated carrots (1 1/2 c.)
2 (2 lb. 3 oz.) cans Italian-style tomatoes
1 c. grated Parmesan cheese
2 Tbsp salt
1 1/2 tsp. crumbled leaf oregano
1 tsp. pepper
1 tsp. garlic powder
1 1/2 lb. macaroni shells
2 (10 oz.) pkg. frozen chopped spinach, slightly thawed

In a large saucepan, brown ground chuck in vegetable oil, about 5 minutes. Add onion, celery and carrots; cook an additional 5 minutes. Stir in tomatoes, salt, oregano, pepper and garlic powder; bring to a boil. Meanwhile, cook macaroni shells according to package directions; drain and set aside. Mix thoroughly. Put in two 13 x 9 x 2-inch casserole dishes. Sprinkle Parmesan cheese on top and bake in a moderate 350° oven for 30 minutes or until bubbly. Serve.

This recipe serves about 12 people and is great when served with a tossed green salad and Italian bread.

Soups and Main Dishes



Lentil Soup
Larissa Enns

Combine in a kettle:

1/2 pounds lentils
6 c. water

Cook 30 min. or until lentils are tender.

Add:

2 carrots, sliced or chopped
1/2 c. sliced green onions
1 clove garlic, crushed
1 1/2 c. tomato juice
1/2 c. minced parsley
1 Tbsp. margarine
1 1/2 tsp. salt
dash pepper
1/2 tsp. dried oregano

Bring to boil, reduce heat and simmer just until carrots are tender. Check seasonings and serve. Serves 6.

Cold Cucumber Soup
Claire Sauter

3 medium cucumbers - chopped or sliced
Dash garlic or onion salt
3 c. chicken broth
2 c. sour cream
1 c. yogurt
3 Tbsp. white vinegar
salt
pepper

Mix together and chill. Serves 6.

Hearty Cheese Soup
Maggie McWilliams

1 c. water
1/2 c. celery slices
1/2 c. carrot slices
3 c. raw potato cubes
1/4 c. onion, chopped
1 tsp. parsley flakes
1 chicken bouillon cube
dash pepper
1 1/2 c. milk
2 Tbsp. flour
1/2 lb. processed cheese

In a large saucepan, combine first 8 ingredients. Cover and simmer 15 minutes, until vegetables are done. Mix milk and flour by shaking and pour into soup (do not pour off vegetable water). Simmer over low heat until soup thickens. Remove from heat and add blocks of cheese. Stir until melted. Serves 4 to 6.

Calories: 281 per serving

Percentage Distribution of Calories:

Protein	18%
Fat	36%
Carbohydrate	44%

Percentages of U.S. RDA

	10	20	30	40	50	60	70	80	90	100	%
Calories	10%	*****									
Protein	19%	*****									
Calcium	31%	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Phosphorus	29%	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Iron	5%	***									
Vitamin A	73%	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Thiamin	11%	*****									
Riboflavin	19%	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Niacin	9%	****									
Ascorbic Acid	17%	*****	*****	*****	*****	*****	*****	*****	*****	*****	

Baked Herb Chicken
Larissa Enns

1 - 3 lb. cut up frying chicken
1 1/4 c. thick mushroom sauce or
lean mushroom soup
1 tsp. grated lemon rind
2 Tbsp. lemon juice
1/2 tsp. salt
1/4 tsp. basil
1/4 tsp. oregano



Arrange chicken pieces in a 9"x13" baking pan. Mix remaining ingredients in a separate bowl and pour over chicken. Bake at 325° for 1 1/4 hours. Serve with hot cooked rice. Serves 6.

Baked Chicken Breasts
Anna Bigley

4 whole chicken breasts, split (remove skin and bone)
8 slices Swiss cheese (processed or natural)
2 c. seasoned stuffing mix (coarsely crushed)
1 c. (10 3/4 oz.) condensed cream of chicken soup (undiluted)
1/3 c. melted butter or margarine

Arrange chicken in a 2 or 3 quart baking dish and season with salt and pepper. Place one slice of cheese on each piece of chicken. Mix can of soup with a little water and spoon evenly over chicken. Sprinkle stuffing mix on top. Drizzle with melted butter. Bake at 350° uncovered 1 hour or until tender. Serves 8.

Calories: 456 per serving
Percentage Distribution of Calories:

Protein	34%
Fat	52%
Carbohydrate	13%

Nutrition chart for Baked Chicken Breasts

		Percentages of U.S. RDA									
		10	20	30	40	50	60	70	80	90	100
Calories	17%	*****									
Protein	59%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****
Calcium	33%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****
Phosphorus	42%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****
Iron	9%	***									
Vitamin A	17%	*****									
Thiamin	8%	***									
Riboflavin	17%	*****									
Niacin	63%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****
Ascorbic Acid	0%										

Cold Sesame Noodles with Chicken & Broccoli

Claire Sauter

1 bunch broccoli
1/2 c. smooth peanut butter
1/2 c. hot water
1/4 c. soy sauce
2 Tbsp. red wine vinegar
2 Tbsp. sesame oil
1 tsp. sugar
2 garlic cloves, chopped finely
1/2 tsp. hot red pepper
2 skinless, boneless chicken breasts, poached & shredded or cubed
1/2 lb. linguine
1 Tbsp. vegetable oil
2 scallions or 1 med. onion, chopped

Chop broccoli and microwave until cooked, but crisp. Combine peanut butter and water in a blender. Add soy sauce, vinegar, sesame oil, sugar, garlic, red pepper and blend. Put chicken in a medium bowl, add peanut-sesame sauce and toss to coat. If you have time, marinate 2 hours in the refrigerator. Cook linguine for 10 minutes until tender but firm. Drain and rinse under cold water. In a large bowl, toss linguine with the vegetable oil. Add chicken with sauce, broccoli and scallions. Toss and serve slightly chilled or at room temperature.

Lemon Chicken
Claire Sauter

5 lbs. chicken, filleted
2 1/2 c. fresh lemon juice

Marinate 8 hours in refrigerator.

1 c. flour
1 Tbsp. paprika
salt & pepper
1 c. chicken broth

2 1/2 Tbsp. brown sugar
1 Tbsp. parsley

Mix flour with paprika, season with salt and pepper. Drain chicken, saving lemon juice. Toss chicken in flour mixture and bake at 325° for 40 minutes. Add chicken broth and brown sugar to lemon juice. Pour over baked chicken, and bake for 20 more minutes. Garnish with slices of lemons and herbs.

Chicken Rice Supreme
Betsy McWilliams

1 c. sliced mushrooms
2 Tbsp. butter
1 can cream of chicken soup
1 can cream of celery soup
1 1/2 soup cans milk
2 c. cooked, cubed chicken
1 - 10 oz. pkg. frozen broccoli pieces, thawed
1 c. shredded cheddar cheese

Saute mushrooms in butter, then blend together with other ingredients. Bake in a greased 9"x13" pan at 325° for 90 minutes. Serve over rice.

Stir Fry Supper
Betsy McWilliams

1 lb. ground beef or 1 1/2 c. cooked chicken, cubed
2 medium onions, chopped
3 stalks celery, chopped
1 green pepper, chopped
2 carrots, chopped
dash pepper
1/2 tsp. thyme
2 bay leaves
1/2 tsp. oregano
1 c. chicken broth
1 c. Minute Rice

Brown ground beef in skillet and drain fat. Brown onions in the same pan, then add celery, green pepper, carrots, thyme, bay leaves, oregano, chicken broth, and rice. Add ground beef (or chicken) and cook covered for 5 minutes. Serves 4.

Oven Beef Stew
Betsy McWilliams

2 lbs. beef stew meat
2 large carrots, cut into good-sized slices
1 large onion, sliced
2 medium potatoes, quartered
1/2 pkg (10 oz.) frozen peas
1 tsp. salt
dash pepper
1 can tomato soup

Combine all ingredients in a large roaster pan (do not brown meat). Bake covered at 275° for 5 to 8 hours in a crock pot. Serves 4 to 6.

Enchilada Casserole

Hannah Brannaman

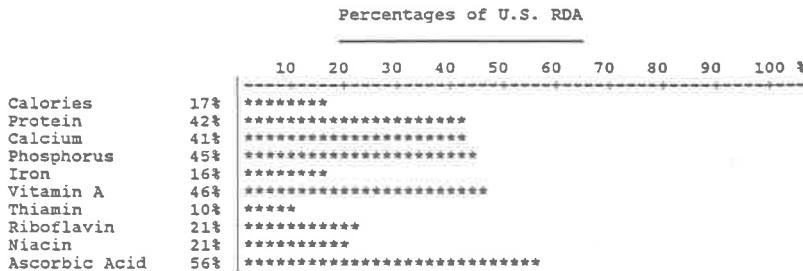
1 1/2 lbs ground beef
1 can (3 oz.) green chilies
1 can (10 oz.) enchilada sauce
1 can cream of chicken soup
1 can cream of mushroom soup
3 c. grated cheddar cheese
10 corn tortillas torn into pieces

Brown meat. Combine chilies, enchilada sauce, and soup in a separate bowl. Layer ingredients in a 9"x12" pan: meat, tortilla pieces, soup mixture, cheese. Repeat and end with cheese on top. Bake at 350° for 45 minutes. Serves 8.

Calories: 446 per serving

Percentage Distribution of Calories:

Protein	25%
Fat	54%
Carbohydrate	20%



Chuck Wagon Beans

Hannah Brannaman

1/2 lb. hamburger, browned and drained
3 Tbsp. bacon bits
1 can (15 oz.) butter beans
1 can (15 oz.) kidney beans
1/3 c. brown sugar
1/2 Tbsp. worcestershire sauce
1/4 c. catsup
1/2 tsp. dry mustard
2 Tbsp. molasses

If preparing in a crock pot, drain beans. Mix all ingredients and cook in a crock pot on low for 5-6 hours. You can also cook in the oven for 2 hours at 350°. Don't drain beans if you cook the dish in the oven. Serves 4 to 6.

Shepherd's Pie

Crystal McCormick

1 1/2 lb. stew beef
1/4 c. flour
3 Tbsp. vegetable oil or lard
1 1/2 tsp. salt
1/4 tsp. pepper
1 c. water
2 c. mashed potatoes
flour

Dredge meat cubes with flour and brown in oil or lard. Season with salt and pepper. Place meat in a casserole dish and add water. Cover and cook at 300° for 1 hour, remove cover and cook for 30 more minutes. Then pipe mashed potatoes around edge of casserole with a pastry tube. Increase oven heat to 425° and bake 15 minutes until potatoes are brown.

Serves 4 to 6.

Beef Stroganoff
Hannah Brannaman

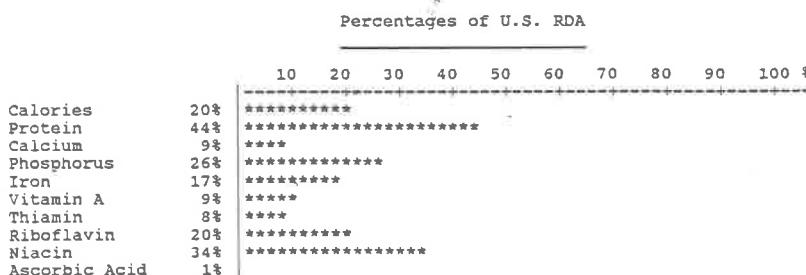
1 lb. hamburger
4 Tbsp. butter, melted
4 Tbsp. flour
1 1/2 c. beef bouillon (2 cubes)
1 Tbsp. worcestershire sauce
1 sm. can mushrooms
onion salt to taste
1 c. sour cream

Brown and drain hamburger. Stir in other ingredients, except sour cream, simmer 10 minutes. Immediately before serving, add sour cream. Serve over egg noodles. Serves 4 to 6.

Calories: 548 per serving

Percentage Distribution of Calories:

Protein	21%
Fat	71%
Carbohydrate	7%



Porcupine Meatballs
Maggie McWilliams

1 1/2 lbs. ground beef
1/2 c. regular rice
1 tsp. salt
1 egg
1/2 tsp. pepper
1 Tbsp. chopped onion
1 can tomato soup
1/2 c. water

Combine meat, rice, egg, salt, pepper and onion. Shape into meatballs. Mix soup and water and pour over meatballs. Bake for 1 hour at 325°.

A1 Meat Loaf
Katie Freeman

2 lb. ground beef
2 Tbsp. A1 steak sauce
2 tsp. salt
1 c. dry bread crumbs
2 eggs
3/4 c. milk
3 Tbsp. parsley flakes
1 small onion, minced
1/4 c. shredded carrots

Sauce:

2 Tbsp. A1 sauce
1 (10 oz.) can tomato sauce

Mix all ingredients, except sauce ingredients, thoroughly. Mix sauce and add 1/2 of mixture to meat mixture. Shape mixture into loaf in a 9"x5"x3" loaf pan. Pour remaining sauce over top. Bake at 400° for 1 hour or until cooked. Cover pan with foil when baking to prevent spills. Serves 10.

continued

A1 Meat Loaf continued

Calories: 514 per serving

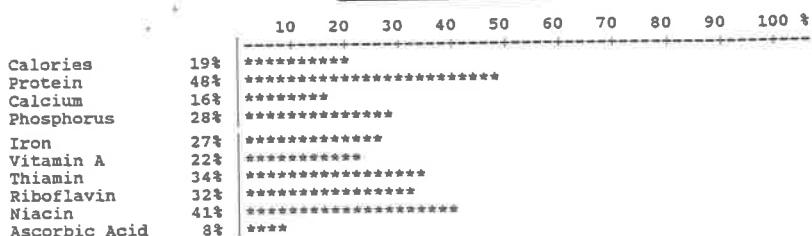
Percentage Distribution of Calories:

Protein 24%

Fat 37%

Carbohydrate 36%

Percentages of U.S. RDA



Spaghetti Sauce

Katie Freeman

1 chopped onion
2 Tbsp. Italian salad oil
1 lb. ground beef, browned
1 Tbsp. wine vinegar
1 large can tomato sauce
1 large can tomato paste
1 basil leaf, or a pinch of crushed basil
1 tsp. salt
2 Tbsp. chopped parsley
1/8 tsp. pepper
1/8 tsp. garlic

Saute onion in salad oil. You can also saute some mushrooms in the oil, too. Add the vinegar, tomato sauce, and tomato paste. Stir. Then add the beef, basil, salt, parsley, pepper, and garlic. Simmer until thickened - the longer, the tastier. Stir to keep from burning on the bottom of the pan. Add a small amount of water if too thick. Serve over spaghetti noodles.

Spaghetti Sauce

Hannah Brannaman

1 1/2 lb. ground beef
2 cans (15 oz. each) tomato sauce
1 can (10 oz.) tomato paste
1 can (15 oz.) can tomatoes
1 Tbsp. sugar
1 tsp. salt
2 tsp. oregano
1/3 c. Parmesan cheese

Brown ground beef, drain. Add tomato sauce, tomatoes, and tomato paste, sugar, salt and oregano. Simmer 45 minutes. Stir in Parmesan cheese and serve over spaghetti noodles. Serves 8.

Hawaiian Pork

Crystal McCormick

1 lb. boneless, lean pork, cut into 1" cubes
1 egg
2 Tbsp. flour
1/2 tsp. salt
1/8 tsp. pepper
3 tsp. cooking oil or lard
3 green peppers
1/2 c. pineapple chunks
2 1/2 Tbsp. corn starch
2 1/2 Tbsp. soy sauce
1/4 c. sugar
1/4 c. vinegar
1/2 c. pineapple juice
Chinese noodles or cooked rice



Beat together egg, flour, salt and pepper. Thoroughly coat cubes of pork in this batter. Brown all sides in oil or lard in a frying pan. Cover and cook slowly for about 30 minutes.

continued

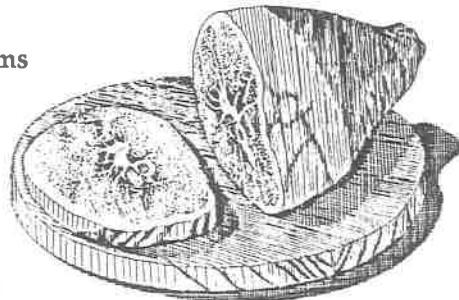
Hawaiian Pork continued

Remove stems and seeds from green peppers. Cut into 1 inch squares. Boil 10 minutes, drain. Add green peppers and pineapple to meat. Cover and simmer 10 min. In a separate sauce pan, stir together corn starch, soy sauce, sugar, vinegar, and pineapple juice. Cook until sauce is clear - about 2 minutes. Pour sauce over meat mixture and simmer 5 minutes. Serve over Chinese noodles or cooked rice. Makes 4 servings.

Ham Balls

Maggie McWilliams

2 1/2 lbs. ground ham
2 lbs. lean ground pork
1 lb. ground beef
2 c. milk
3 eggs, well beaten
1 c. saltine cracker crumbs
2 c. graham cracker crumbs



Mix and shape into meat balls. Works well to use the 1/2 c. measuring cup to make each meatball.

Sauce:

2 cans tomato soup
3/4 c. vinegar
2 1/2 c. sugar
2 tsp. dry mustard

Boil liquid until sugar is dissolved. Pour over meatballs. Bake at 350° for 1 hour. Makes approximately 25 meatballs.

Gilbertini

Claire Sauter

3/4 lb. seasoned sausage
8 oz. mushrooms
2 c. macaroni, cooked and drained

Sauce:

1 c. onion, chopped
1/2 c. butter
1/2 c. flour
3 c. mozzarella cheese
4 c. milk

Saute onions in butter. Reserve butter for sauce. Mix onions with sausage, mushrooms, and macaroni. Add flour to butter stirring constantly. Slowly add milk, then cheese.

Pour white sauce over macaroni, sausage, mushroom, onion mixture. Bake in lightly greased casserole at 325° for 30 minutes.

Grilled Pork Burgers

Hannah Brannaman

1 lb. ground pork
1/4 tsp. Accent
2 Tbsp. barbecue sauce
1 tsp. salt

Mix the ingredients, form into four burgers, and grill on the grill until done. Serves 4.

Barbecue Sauce
Hannah Brannaman

1 c. catsup
1 c. water
2/3 c. vinegar
1 c. brown sugar
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. celery seed
1 tsp. paprika
1 tsp. dry mustard
1 tsp. bay leaves - crushed finely

Mix and cook over medium heat 10 minutes, then over low heat 20 more minutes. Store in refrigerator. Good with chicken and pork.

Pickled Ham
Claire Sauter

2 c. cubed ham
2 c. water
1 c. vinegar
1 Tbsp. sugar
1 large onion, chopped
1 tsp. salt

Mix and store in a Kosher pickle jar in the refrigerator.

Kumla

Hannah Brannaman

2 to 3 lb. piece of ham with bone in it

4 large Russet potatoes

1 1/2 tsp. salt

1 1/2 tsp. baking powder

1 c. oatmeal

2 c. flour - more or less

Cook ham (covered with water) in a heavy kettle for 3 to 4 hours on low heat after it comes to a boil. Heat must be high enough to keep broth boiling.

Peel potatoes and cut into 1 inch squares and put in cold water (so they don't turn brown) until all potatoes are cut up. Drain, and put some potato cubes in blender, cover with water, and run on "chop". Check often so potatoes are not chopped too finely. Squeeze water out of potatoes and add salt, baking powder, oatmeal and flour. Mix well, and form into 2 inch balls.

Remove ham from broth, drop potato balls into boiling broth. Keep broth boiling, and shake pan so potato balls do not stick to the bottom and burn. When broth comes to a rolling boil, turn heat down to medium and cook 45 minutes to 1 hour, shaking pan often.

Serve potato balls with ham, some of the broth, and butter.

Serves 6.

Tuna Cheese Pie
Claire Sauter



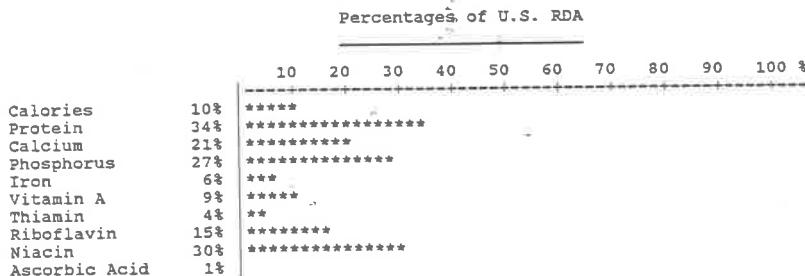
3 eggs
1 c. milk
1 1/2 Tbsp. mustard
1/4 c. mayonnaise
1 package (10 oz.) frozen broccoli, thawed
1 or 2 cans tuna, drained
1 c. shredded cheese
1 unbaked pie crust

Beat together eggs, milk, mustard and mayonnaise. Add thawed broccoli, tuna and cheese. Pour into pie crust. Bake 1 hour at 350°. Serves 6.

Calories: 269 per serving

Percentage Distribution of Calories:

Protein	34%
Fat	60%
Carbohydrate	4%





Salads and Side Dishes

Apple Salad
Carrie Rife

2 apples
1 c. raisins
1 c. miniature marshmallows
2 bananas
1/2 c. mayonnaise
2 Tbsp. white sugar
2 Tbsp. milk



Cut up apples and slice bananas. Mix apples, bananas, raisins, and marshmallows in a large salad bowl. In a separate bowl, mix mayonnaise, sugar, and milk. Pour dressing over fruit, mix well and chill.

Calories: 541 per serving

Percentage Distribution of Calories:

Protein	2%
Fat	38%
Carbohydrate	62%

Percentages of U.S. RDA

	10	20	30	40	50	60	70	80	90	100	%
Calories	20%	*****									
Protein	5%	**									
Calcium	4%	**									
Phosphorus	7%	****									
Iron	10%	*****									
Vitamin A	4%	**									
Thiamin	7%	****									
Riboflavin	7%	***									
Niacin	4%	**									
Ascorbic Acid	21%	*****									

Pea Salad
Carrie Rife

1 package (10 oz.) frozen peas
1/2 c. cheddar cheese
2 boiled eggs
1/3 c. mayonnaise

Thaw peas, cube cheese, dice eggs, and mix. Add mayonnaise and chill.

Cabbage Avocado Salad

Claire Sauter

1 head cabbage
1-2 avocados
1 lb. bacon, fried and crumbled
1 large onion, chopped
garlic salt, lemon juice, salt, pepper to taste

Dressing:

1 c. sour cream
1 c. mayonnaise

Chop cabbage and avocados into bite-size pieces. Combine all ingredients (except sour cream and mayonnaise) in a large salad bowl. Mix dressing in a separate bowl, then mix into cabbage mixture. Chill.

Cucumber Slices

Hannah Brannaman

2 large cucumbers, sliced thinly
1 medium onion, sliced thinly
3/4 c. Miracle Whip
1/4 c. sugar
2 Tbsp. vinegar
salt and pepper to taste

Toss cucumber and onion slice in a salad bowl. In a separate bowl, mix together the Miracle Whip, sugar, vinegar, salt and pepper. Pour over the cucumbers and onions, toss. Marinate about 1 hour.

Fruit Salad

Crystal McCormick

3 bananas thinly sliced
8 oz. pineapple chunks
1 cup miniature marshmallows
8 oz. peaches cut into chunks
4 oz. Miracle Whip salad dressing

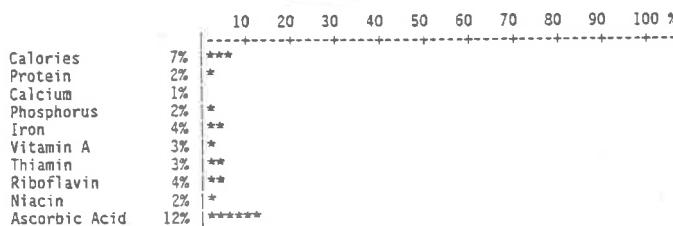
Combine fruit and marshmallows, then add salad dressing.
Chill in the freezer for 5 to 10 minutes. Serve chilled. Serves 6.

Calories: 185 per serving

Percentage Distribution of Calories:

Protein	3%
Fat	18%
Carbohydrate	83%

Percentages of U.S. RDA



Winter Citrus Salad
Genevieve Cregar

2 pink grapefruits
2 to 3 navel oranges
3 pears
1/2 c. concord grapes
1 c. plain yogurt
2 Tbsp. orange juice concentrate
1 Tbsp. grated orange rind
2 Tbsp. cool whip
1 c. large walnut pieces (optional)

Section and seed oranges and grapefruit. Peel pears and slice into small chunks. Slice and seed grapes. Place fruit and nuts in a large bowl. In a blender, combine yogurt, juice concentrate, cool whip and grated orange rind. Process until smooth. Serve sauce separate from fruit, so people may choose the fruit they like. Makes 6 servings.

Frozen Fruit Salad
Sara Shepley

3 bananas
1/3 c. chopped nuts
3 Tbsp. chopped maraschino cherries (drained)
1 - 9 oz. can crushed pineapple (drained)
2 c. sour cream
3/4 c. sugar
1/8 tsp. salt

Mix sour cream, sugar, and salt. Blend in nuts, cherries and pineapple. Peel and dice and gently mix in the bananas. Line muffin tins with paper liners and fill with mixture. Freeze. Remove from freezer about 1/2 hour before serving. Makes 12 servings.

Marinated Broccoli and Cauliflower
Sara Shepley

1 bunch fresh broccoli cut into bite size pieces
1 head cauliflower cut into bite size pieces
1 c. cider vinegar
1 1/2 c. oil
1 Tbsp. dill weed
1 Tbsp. dill seed
1 Tbsp. Accent
1 Tbsp sugar
1 tsp. salt
1 tsp. pepper
1 tsp. garlic salt

Combine all the dressing ingredients and mix well. Pour over the vegetables and refrigerate over night or several hours. Drain before serving.

Lola's Mustard
Claire Sauter

1 c. vinegar
2 oz. dry mustard (this can vary)
1 c. sugar
4 well-beaten eggs
Dash of salt

Mix vinegar and mustard and let stand for 1 hour. Cook all ingredients in a double boiler about 25 minutes until mixture thickens, stirring constantly. I use a wire whisk, but a mixer will keep it smooth while you are cooking. Store in refrigerator.

Zucchini Rounds

Sara Shepley

1/3 c. Bisquick mix
1/4 c. Parmesan cheese
2 eggs, slightly beaten
2 c. grated zucchini
salt and pepper
chopped onion, if desired

Mix Parmesan cheese, Bisquick and eggs. Add zucchini and seasonings. Drop large tablespoon of mix into hot oil and brown well on both sides. Serve with pat of butter.

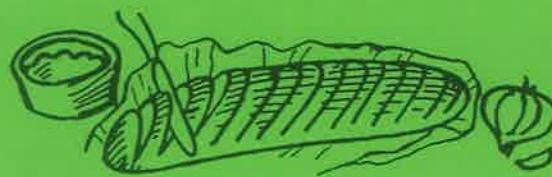
Three Vegetable Casserole

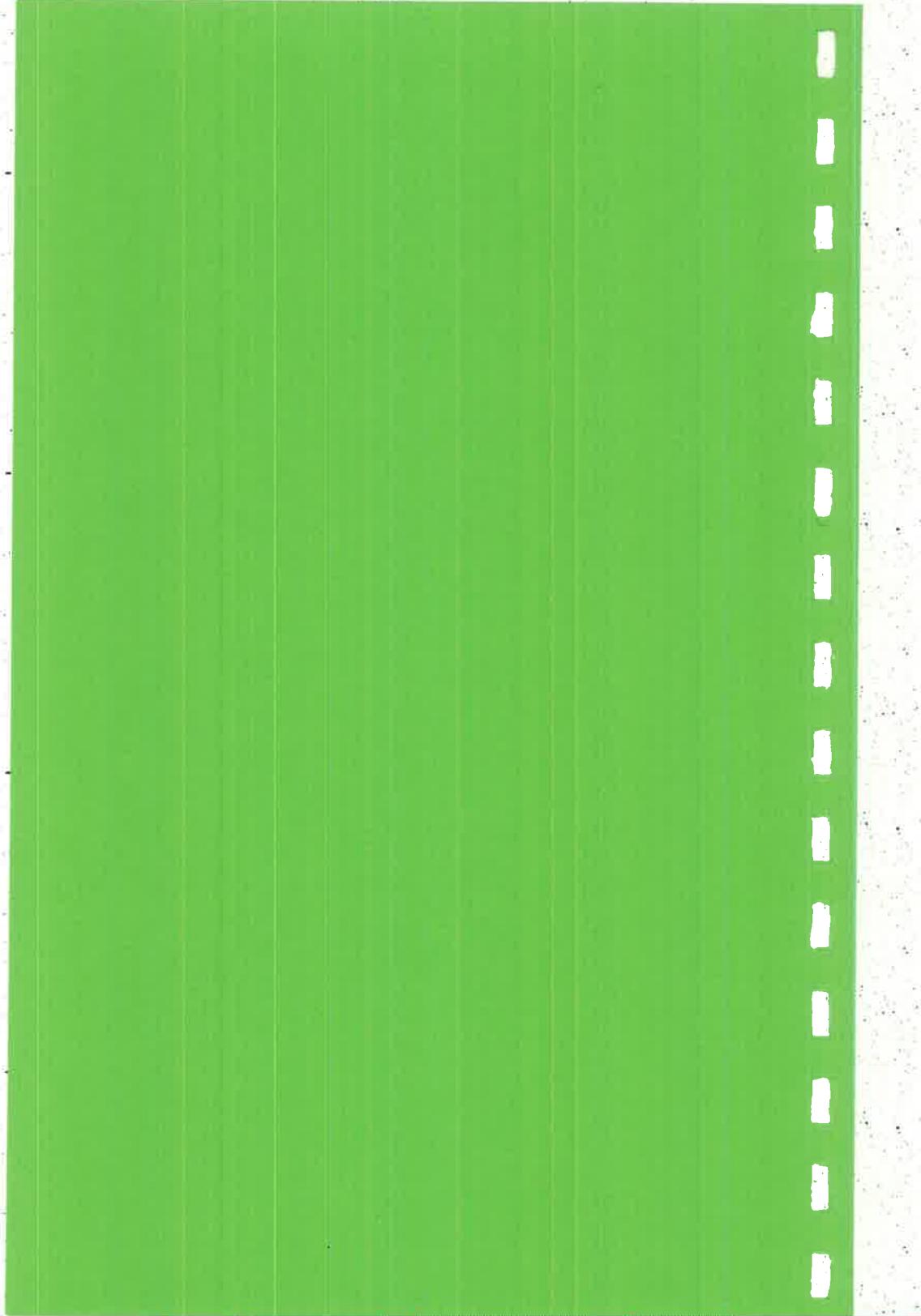
Sara Shepley

1 10 oz. pkg frozen baby limas
1 10 oz. pkg frozen cauliflower
1 10 oz. pkg frozen chopped broccoli
1 10 oz. can mushroom soup
1 small jar Cheese Whiz
2 Tbsp. milk
1 can French Fried onion rings

Precook limas for a few minutes and drain well. Pour boiling water over the cauliflower and broccoli and drain well or defrost in microwave. Layer the vegetables in a buttered casserole dish. Combine soup, cheese and milk and cook in microwave for a few minutes until cheese melts. Pour cheese mixture over vegetables and bake at 30-40 minutes at 350°. During last 10 minutes of baking, add the onions on top.

Breads and Muffins





Blueberry Muffins
Maggie McWilliams

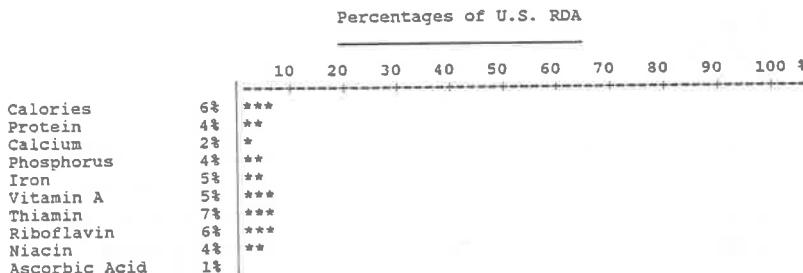
1/2 c. margarine
1 c. sugar
2 eggs
1 tsp. vanilla
2 tsp. baking powder
1/4 tsp. salt
1- 16 oz. bag frozen blueberries, not thawed
2 c. flour
1/2 c. milk

Cream together margarine and sugar, add eggs and beat well. Add vanilla, baking powder and salt. Alternate flour and milk and add to mixture. Fold in blueberries. Spoon batter into muffin cups — it will be very stiff! Fill muffin cups almost to the top of the muffin cups. Bake 25 minutes at 375°. Makes 18 muffins.

Calories: 171 per serving

Percentage Distribution of Calories:

Protein	6%
Fat	31%
Carbohydrate	61%



Sour Cream Muffins
Maggie McWilliams

3/4 c. sugar
2 c. flour
1 1/2 tsp. cinnamon
1/2 tsp. salt
1 tsp. baking soda
1/3 c. melted butter
2 eggs
1 c. sour cream

Mix all ingredients well. A mixer is not needed. If batter is too stiff, add milk by the tablespoon. Bake in muffin tins for 15 minutes at 375°.

Make Ahead Bran Muffins
Betsy McWilliams

2 c. Kellogg's All Bran
2 c. boiling water
2 c. sugar
1 c. shortening
4 eggs
5 c. flour
5 tsp. baking soda
1 tsp. salt
1 qt. buttermilk
2 c. Brand Buds



Pour boiling water over All Bran. Let stand. Cream sugar and shortening, add eggs one at a time and beat well. Add All Bran mixture. Sift flour, soda, and salt, and add alternatively with buttermilk. Stir in Brand Buds. Divide into fourths. Store in glass jars in the refrigerator for up to 6 weeks. To bake, fill muffin tins 2/3 full and bake for 20 minutes at 400°.

Cheese Muffins
Hannah Brannaman

1 c. flour
4 oz. grated cheddar cheese
2 tsp. baking powder
1 egg
dash salt
1/4 c. milk

Sift flour, baking powder and salt. Add grated cheese. Beat egg and add to dry ingredients. Add milk. Drop into muffin tins, filling cups about half way full. Bake 10 minutes at 375°. You can add chopped onions, bacon, or parsley for added flavor.

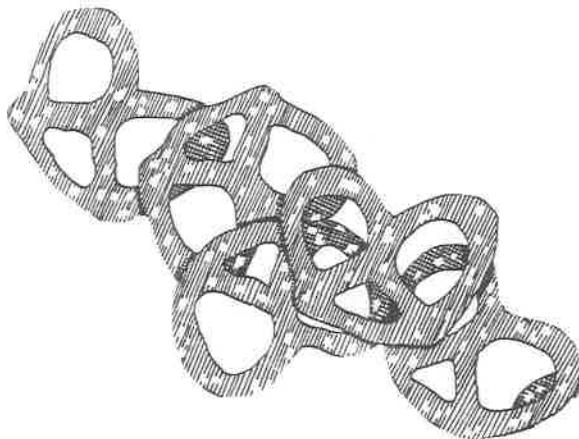
Perfect Corn Bread
Sara Shepley

1 c. sifted flour
1/4 c. sugar
4 tsp. baking powder
3/4 tsp. salt
1 c. yellow corn meal
2 eggs
1 c. milk
1/4 c. shortening

Sift flour with sugar, baking powder, and salt; stir in cornmeal. Add eggs, milk, and shortening. Beat with rotary or electric beater until just smooth (do not over-beat). Pour into greased 9"x9"x2" pan. Bake at 425° for 20 to 25 minutes.

Large, Soft Pretzels
Sara Shepley

1 cake yeast
1 1/2 c. warm water
1 tsp. salt
1 Tbsp. sugar
4 c. flour
1 beaten egg
Coarse salt



Dissolve yeast in warm water and add salt and sugar. Blend in flour. Knead dough until smooth, cut into small pieces and roll into ropes and twist into desired shapes. Place on lightly-greased cookie sheets. Brush each pretzel with the beaten egg. Sprinkle with coarse salt. Bake immediately at 425° for 12 to 15 minutes. Makes about 18 large pretzels.

For hard pretzels, use 1 1/4 c. water and add 1/4 c. melted butter. Make the pretzels smaller and bake until brown.

Cornell Bread (from an early issue of Ladies Home Journal)
Katie Freeman

Softens:

2 packages of yeast in
1/2 c. warm water

Heats:

1/4 c. honey
1 Tbsp. salt
1 Tbsp. water

Adds:

1 tall can evaporated milk
refill can with whole or 2 percent milk

continued

Cornell Bread continued

Combine mixtures, and add:

4 c. bread flour

1/2 c. soy flour

3 Tbsp. wheat germ

Beat all ingredients until smooth. Let rise until foamy.

Add:

4 to 4 1/2 c. more flour

Let rise until doubled. Knead well. Let rise again until doubled. Knead and shape into three loaves. Place in greased loaf pans, let rise until top comes just above pan edges. Don't let rise too long in pan - about 1/2 hour. Bake 45 to 50 minutes at 350°. This bread can be frozen.

Monkey Bread

Betsy McWilliams

3 tubes refrigerator biscuits

2/3 c. white sugar

1 tsp. cinnamon

1 c. brown sugar

3/4 c. butter

Mixt together white sugar and cinnamon. Cut biscuits into fourths and roll in sugar mixture. Heat together brown sugar and butter until sugar dissolves. Layer biscuit pieces in a greased bundt pan and pour brown sugar mixture over the top. Bake at 350° for 30 to 35 minutes. Let stand on rack to cool 10 minutes, then invert on plate to finish cooling. Best when served warm.



Snacks and Quick Dishes for Kids to Make



Popcorn Crunch
Claire Sauter

10 c. popped corn (salted)
1 1/2 c. pecan pieces
2/3 c. slivered almonds
1 1/3 c. sugar
1 c. butter
1/2 c. clear corn syrup
1 tsp. vanilla

Mix corn and nuts on a cookie sheet. In a heavy saucepan, combine sugar, butter and syrup. Bring to a boil over medium heat, stirring constantly. Continue boiling and stirring for 12 to 15 minutes until a light caramel color. Remove and stir in vanilla. Pour over corn and nuts, and spread to dry. Store in a tight container.

Quick Peanatty Popcorn Balls
Anna Bigley

1/2 c. light corn syrup
1/4 c. sugar
3/4 c. peanut butter
2 qts. plain popped corn



In a 1 quart saucepan, mix corn syrup and sugar. Cook over medium heat, stirring constantly, until mixture comes to a boil and sugar is completely dissolved. Remove from heat. Stir in peanut butter until smooth. Immediately pour mixture over popped corn in a large bowl. Stir until evenly coated. Grease hands and shape into 8 - 2 1/2" balls.

Puppy Chow
Sara Shepley

12 oz. package chocolate chips
1 c. peanut butter
1 stick oleo
14 oz. box of Crispix cereal
2 to 3 c. powdered sugar



Melt chocolate chips, peanut butter and oleo together, mixing well. Pour cereal in a large bowl, then pour melted topping over cereal, mixing well. Note: do not substitute something else for the Crispix cereal or the cereal will crumble while you mix it. Place powdered sugar in a large brown paper bag, add coated cereal. Shake gently until well-coated with powdered sugar. Spread on wax paper to dry. Store in a covered container.

Pineapple Cheese Ball
Sara Shepley

2 (8 oz.) pkg creamed cheese, softened
1/2 c. grated cheddar cheese
1 (8 1/2 oz.) can crushed pineapple, well drained
2 Tbsp. chopped green pepper
2 Tbsp. chopped onion
1 Tbsp. salt

Mix all ingredients well, shape into ball and roll in chopped nuts, refrigerate several hours. Serve with crackers.

Peanut Butter Boats
Genevieve Cregar

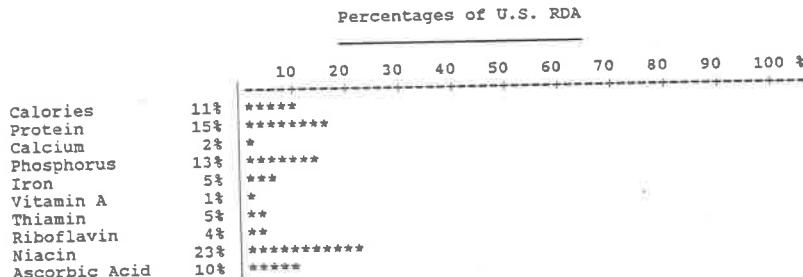
2 apples, washed, seeded and quartered
1/2 c. peanut butter, room temperature
1 Tbsp. honey
3 Tbsp. raisins (optional)

Prepare apples. Stir honey and raisins into peanut butter. Spread peanut butter mixture on each apple quarter. Makes 4 servings.

Calories: 289 per serving

Percentage Distribution of Calories:

Protein	14%
Fat	51%
Carbohydrate	42%



Speedy Celery Sticks
Carrie Rife

2 celery sticks
2 Tbsp. peanut butter
1 toothpick

Put peanut butter on celery sticks, then press the peanut butter sides together. Hold together with the toothpick.

continued

Speedy Celery Sticks continued

Calories: 200 per serving

Protein: 20%

Fat: 71%

Carbohydrate: 15%

Percentages of U.S. RDA

		10	20	30	40	50	60	70	80	90	100	%
Calories	7%	****										
Protein	15%	*****										
Calcium	4%	**										
Phosphorus	14%	*****										
Iron	6%	***										
Vitamin A	2%	*										
Thiamin	4%	**										
Riboflavin	4%	**										
Niacin	23%	*****										
Ascorbic Acid	10%	****										

Fruit Balls

Hannah Brannaman

4 oz. butter

8 oz. powdered sugar

1 tsp. vanilla

pinch of salt

2 Tbsp. coconut

2 Tbsp. cocoa

2 Tbsp. chopped nuts

1 c. chopped mixed fruit

Cream butter and sugar. Add other ingredients and mix well. Roll into one inch balls and coat with coconut. Chill.

Fresh Apple Slush
Genevieve Cregar

1 - 6 oz. can frozen apple juice concentrate
1 c. cold water
1/2 c. peeled, diced apples
6 to 8 ice cubes

Prepare apples. Put all ingredients into a blender. Cover and blend on high for 10 - 15 seconds. With blender running, add ice cubes, one at a time. Blend until thick. Makes 3 to 4 servings.

Grandmother's Punch
Katie Freeman

1 can Tropicana Twisters Orange/Raspberry drink
1 pkg Tang
water to mix

Mix the Tang into the Tropicana Twister, shake. To serve, pour the punch mixture into a cup until the cup is half full. Add water to the cup until completely full.

Quick and Easy Yogurt
Carrie Rife

1 c. vanilla yogurt
3 Tbsp. fresh fruit - strawberries, bananas, peaches, raspberries, etc.

Chop up fruit, mix with yogurt and enjoy. Keep refrigerated.

Egg Taco

Larissa Enns

1 egg
2 Tbsp. shredded cheddar cheese
1 Tbsp. chunky salsa
1 taco shell
1/2 tsp. margarine

Beat egg, melt margarine in skillet over medium heat. Add egg and scramble until set, but still moist. Add salsa and cheddar cheese to egg mixture. Fold together to melt cheese. Serve in the taco shell. Serves 1.

Calories: 199 per serving

Percentage Distribution of Calories:

Protein	21%
Fat	52%
Carbohydrate	28%

Percentages of U.S. RDA

		10	20	30	40	50	60	70	80	90	100	%
Calories	7%	*****										
Protein	16%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Calcium	14%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Phosphorus	19%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Iron	10%	****	****	****	****	****	****	****	****	****	****	
Vitamin A	12%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Thiamin	7%	***										
Riboflavin	13%	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	
Niacin	3%	*										
Ascorbic Acid	4%	**										

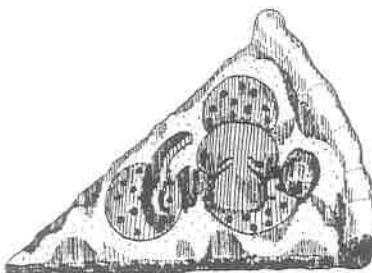
Easy Pizza for Kids
Hannah Brannaman

Preheat oven to 450°.

Cover one flour tortilla shell with:

2 Tbsp. pizza sauce
6 pepperoni slices
1/4 c. shredded mozzarella cheese

Bake 10 minutes on a cookie sheet until bubbly. Serves 1.



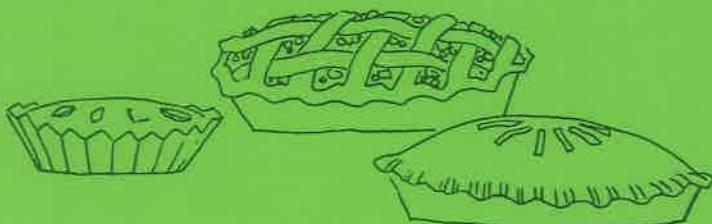
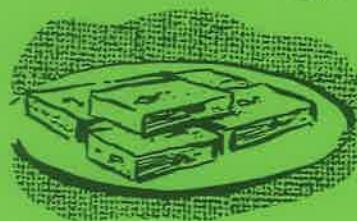
Egg Burgers
Katie Freeman

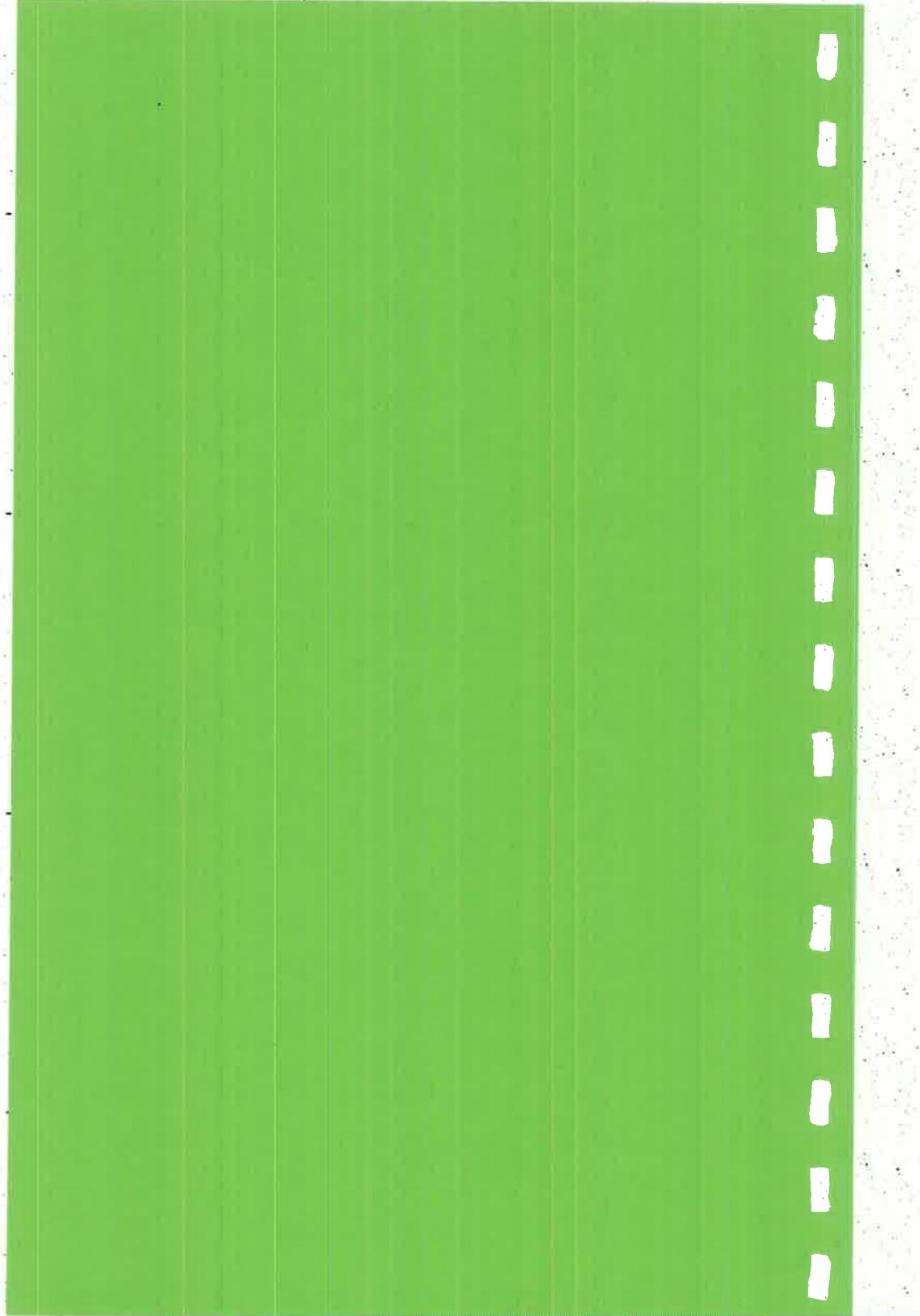
1 hamburger bun
1 egg
1 slice of ham or other luncheon meat
1 slice cheddar cheese

Cook the egg on a griddle. Place ham slice on bottom half of bun. Place the egg on the ham, then the cheese on top of the egg. Top with the top half of the bun. Heat in microwave 15 to 20 seconds to melt the cheese. You can also add a slice of onion, lettuce, or tomato and salt and pepper for flavor variety.



Cookies, Bars, Cakes and Pies





Chocolate Clusters
Larissa Enns

6 oz. (1 package) semisweet chocolate pieces
1/3 c. butter or margarine
16 large marshmallows
1/2 tsp. vanilla
1 c. flaked coconut
2 c. rolled oats

Mix ingredients in saucepan on low heat, stirring until smooth.
Drop spoonfuls onto waxed paper. Chill until firm. Makes 3
1/2 dozen.

Cream Cheese Cookies
Hannah Brannaman

1/4 c. butter or margarine, softened
8 oz. cream cheese, softened
1 egg
1/4 tsp. vanilla
4 Tbsp. milk
1 pkg. (18.5 oz.) yellow or devil's food cake mix

Cream butter and cream cheese. Blend in egg and vanilla.
Add cake mix, a 1/3 at a time mixing well after each addition.
Add milk. Cover and chill 30 minutes. Heat oven to 375°.
Drop by teaspoons onto ungreased baking sheet. Bake 8-10
minutes or until light brown. Cool slightly before removing
from baking sheet. Ice with your favorite frosting. Makes 2-3
dozen.

Sour Cream Cookies
Claire Sauter

1 c. margarine
1 c. sugar
2 egg yolks
1/2 c. sour cream
1 tsp. vanilla
4 c. flour
1/2 tsp. salt
1/2 tsp. soda
1 tsp. nutmeg

Cream shortening and sugar. Add egg yolks, sour cream and vanilla. Gradually add dry ingredients and mix well. Put through a cookie press and bake at 375° for 8 to 10 minutes.
Makes 10 dozen.

Blonde Brownies
Sara Shepley

1 c. sifted flour
1/2 tsp. baking powder
1/8 tsp. baking soda
1/2 tsp. salt
1/2 c. chopped nuts
1/3 c. shortening
1 c. brown sugar
1 egg, slightly beaten
1 tsp. vanilla
1/2 pkg. (6 oz.) chocolate chips

Sift dry ingredients, add nuts. Melt shortening in sauce pan. Remove from heat and mix in brown sugar. Cool. Stir in egg and vanilla. Add flour mixture, stirring well. Spread in 9"x9" greased pan. Sprinkle chocolate chips on top. Bake 350° for 20 to 30 minutes.

Apple Sauce Spice Bars

Anna Bigley

1 c. apple sauce
2/3 c. packed brown sugar
1/4 c. vegetable oil
2 eggs
2 cups Bisquick baking mix
1 tsp. pumpkin pie spice
1/2 c. chopped nuts
Browned Butter Glaze (below)

Heat oven to 350°. Grease oblong pan, 9"x13". Beat apple sauce, brown sugar, oil, and eggs in large mixer bowl on medium speed for 1 minute, scraping bowl occasionally. Stir in baking mix, pumpkin pie spice, and nuts. Spread in pan. Bake until wooden toothpick inserted in center comes out clean, about 25 minutes. Cool. Spread with Browned Butter Glaze. Cut into bars, about 3"x1". Makes 3 dozen bars.

Browned Butter Glaze

1/4 c. margarine or butter
2 c. powdered sugar
1 tsp. vanilla
1 to 2 Tbsp. hot water

Heat margarine over low heat until golden brown, remove from heat. Beat in powdered sugar and vanilla. Stir in water, 1 teaspoon at a time, until smooth and of desired consistency.

Snickerdoodles

Larissa Enns

1/2 c. butter or margarine, softened
1/2 c. shortening
1 1/2 c. sugar
2 eggs
2 3/4 c. flour
2 tsp. cream of tartar
1 tsp. soda
1/4 tsp. salt
2 Tbsp. sugar
2 tsp. cinnamon

Cream butter, shortening, 1 1/2 cups of sugar, add the eggs. Blend in flour, cream of tartar, soda and salt. Shape dough by rounded teaspoonfuls into balls.

Mix 2 tablespoons of sugar with the cinnamon, roll balls in the mixture. Place 2 inches apart on ungreased baking sheet. Bake 8 to 10 minutes or until set. Immediately remove from baking sheet. Makes 6 dozen.

Pumpkin Bars
Anna Bigley

2 c. sugar
1/2 c. vegetable oil
1 can (16 oz.) pumpkin
4 eggs, beaten
2 c. Bisquick baking mix
2 tsp. ground cinnamon
1/2 c. raisins
Cream Cheese Frosting (below)

Heat oven to 350°. Grease jelly roll pan, 15 1/2" x 10 1/2" x 1". Beat sugar, oil, pumpkin and eggs in large mixer bowl for one minute on medium speed, scraping bowl occasionally. Stir in baking mix, cinnamon and raisins. Pour into pan. Bake until wooden toothpick inserted in center comes out clean — 25 to 30 minutes. Cool. Frost with Cream Cheese Frosting. Cut into bars, about 3" x 1". Refrigerate any remaining bars. Makes 50 bars.

Cream Cheese Frosting

1 pkg. (3 oz.) cream cheese, softened
1/3 c. margarine or butter, softened
1 Tbsp. vanilla
2 c. powdered sugar

Beat cream cheese, margarine, milk and vanilla until creamy. Stir in powdered sugar until smooth.



Crispy Date Bars

Claire Sauter

Crust:

1 c. flour
1/2 c. brown sugar
1/2 c. butter

Filling:

1 c. chopped dates
1/2 c. sugar
1/2 c. butter
1 egg, well beaten
2 c. Rice Crispies
1 c. chopped nuts
1 tsp. vanilla

Frosting:

2 c. powdered sugar
1/2 tsp. vanilla
3 oz. cream cheese

Mix crust ingredients until crumbly. Press into 9"x9" pan. Bake at 375° for 10 to 12 minutes. In a medium sauce pan combine dates, sugar, and butter. Cook over medium heat until mixture boils, stirring constantly. Simmer 3 minutes. Blend 1/4 c. hot mixture into beaten egg and return to saucepan. Cook until mixture bubbles, stirring constantly. Remove from heat, add cereal, nuts, and vanilla. Spread over crust. Cool. Mix frosting and spread over bars. Refrigerate before serving.

Peanutty Cocoa Crunchies
Betsy McWilliams

6 Tbsp. butter
1/3 c. cocoa
40 regular marshmallows or 4 cups miniature marshmallows
4 c. crisp rice cereal

In a large saucepan over low heat melt butter; add cocoa and marshmallows. Cook, stirring constantly, until marshmallows are melted and mixture is well blended. Continue cooking and stirring one minute or until syrupy. Remove from heat and add cereal and stir until cereal is well coated. Press mixture evenly into buttered 9"x9" pan. Spread top of bars with peanut butter chip glaze.

Peanut Butter Chip Glaze:
1 c. peanut butter chips
1 Tbsp. shortening

Melt peanut butter chip and shortening together, either in microwave oven or in the top of a double boiler. Stir until blended, then spread on top of bars.

Ribbon Cake
Crystal McCormick

1 c. butter
2 c. sugar
5 eggs
1 c. milk
4 c. flour
2 tsp. baking powder
1 tsp. vanilla
1/2 c. chopped raisins
1/2 c. citron
1/4 tsp. cinnamon
1/4 tsp. nutmeg

continued

Ribbon Cake continued

Cream together butter and sugar. Beat eggs separately and add to butter and sugar. Add milk, vanilla, flour and baking powder. Put 1/3 of the batter in a separate bowl. To this batter, add the raisins, citron and spice. Pour half of the remaining batter in 3 jelly roll pans. Next add raisin and citron batter. Top with the remaining plain batter. Bake at 350° until light brown, and a toothpick comes clean when poked in the middle of the cake. Frost with vanilla frosting.

Dirt Cake

Sara Shepley

1 large package chocolate fudge cookies (Oreo's)
1 c. powdered sugar
1 - 8 oz. pkg. cream cheese
1/2 stick oleo
2 pkg french vanilla instant pudding
3 c. milk
12 oz. Cool Whip

Remove frosting from center of cookies. Combine frosting with powdered sugar, cream cheese and oleo. Cream well. Prepare the pudding with the milk. Mix pudding with frosting mix, then fold in the Cool Whip. Crush cookies and layer crumbles alternatively with filling in a 9"x13" pan or in a new, plastic flower pot with artificial flowers.

Microwave Cherry-Pineapple Pudding
Anna Bigley

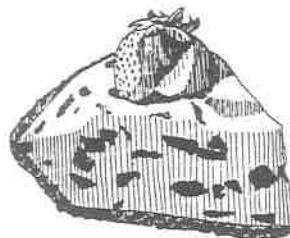
1 (21 oz.) can cherry pie filling
1 (8 oz.) can crushed pineapple & juice
1 (9 oz.) yellow cake mix
1/2 cup margarine

In a 1 1/2 quart casserole, combine the pie filling and pineapple. Sprinkle dry cake mix over fruit. Melt butter and drizzle over top. Microwave on ??? for 15 to 18 minutes, turning twice.

Strawberry Pie
Hannah Brannaman

2 Tbsp. lemon juice
1/2 to 3/4 c. hot water
2 Tbsp. corn starch
1 c. sugar
2 c. mashed strawberries
4 oz. softened cream cheese
1 baked pie crust

Spread cream cheese over the bottom and sides of the pie crust. Cook lemon juice, water, corn starch, and sugar over medium heat until thick, stirring constantly. Add mashed strawberries. Pour mixture into pie crust and chill. Top with whipped cream and serve. Serves 6.

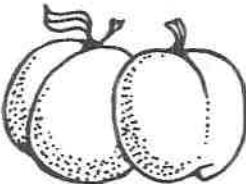


Southern Peach Pie
Crystal McCormick

4 c. sliced peaches
1/2 c. sugar
2 Tbsp. minute tapioca
1 tsp. lemon juice
1 cooked pie crust



Mix together peaches, sugar, tapioca, and lemon juice in a saucepan. Cook over low heat for 15 minutes. Pour into pie crust and chill. Serves 6.



Pear Pie
Claire Sauter

4 to 6 fresh pears
or 1 1/2 large cans sliced pears, drained
1/4 c. butter
1 c. sugar
4 Tbsp. flour
2 eggs
1 tsp. vanilla
1 baked pie crust



Peel and slice pears, steam to soften (if needed). Arrange pear slices in the pie crust. In a sauce pan, combine butter, sugar, flour, and eggs. Cook over medium heat. Stir constantly until bubbly. Remove from heat and add vanilla. Pour over pear slices and chill 4 hours.

Sour Cream Raisin Pie
Hannah Brannaman

1 lg. pkg. (5 5/8 oz.) vanilla pudding
2 3/4 c. milk
1 pkg. unflavored gelatin
1 c. raisins
1/4 tsp. cinnamon
1 c. sour cream
2 - 1/2 pints of whipping cream
1/4 c. sugar
2 tsp. vanilla
baked pie shell (10" or larger)

Mix pudding, milk, gelatin, raisins and cinnamon in a large saucepan and cook over medium heat until it comes to a full boil. Remove from heat, cover and place in refrigerator to cool, stirring often.

When the pudding mixture is cool, whip the whipping cream and sweeten with the sugar and vanilla. Fold the whipped cream and sour cream into the pudding mix, and pour into the pie shell. Chill.

Nonfood Recipes



Cinnamon Dough for Ornaments
Sara Shepley

1 oz. tin powdered cinnamon
3 Tbsp. apple sauce

Empty cinnamon into bowl, reserve a small amount. Add apple sauce and mix until a dough-like consistency. Additional apple sauce can be added, but avoid getting dough too wet.

Dust cutting board with reserved cinnamon. Roll dough into ball and place in center of board. Cover with plastic wrap and roll to 1/8 inch thickness. Cut into desired shapes. Place cutouts on newspaper or wire racks and dry several hours. Decorate as desired with paint, etc. Turn cutouts several times if needed for drying. To make a hole in the ornament for hanging, before drying, poke a hole 1/4 inch down from the top with a plastic straw.

Cinnamon Ornaments
Hannah Brannaman

1 c. ground cinnamon
1 tsp. ground allspice
1 tsp. ground cloves
1 tsp. ground nutmeg
1 c. apple sauce

Mix together all dry ingredients. Add apple sauce a little at a time. (Mixture should have the consistency of play dough, so you can work it with your hands.) If mixture is too dry, add 1 to 2 tablespoons more apple sauce. Roll dough out to 1/4-inch thickness on an ungreased surface. If mixture is too sticky to handle, sprinkle working surface and mixture with ground cinnamon. Use sharp-edged cookie cutters to cut out as desired. Place on level surface to dry. Air-dry 4 to 5 days. Recipe makes about 2 dozen ornaments, depending on size of cookie cutter.

Play Dough (no cooking method)

Sara Shepley

1 c. flour
1/2 c. salt
2 Tbsp. vegetable oil
1 tsp. alum

Add a small amount of water at a time until consistency of bread dough. It should not be more than 1/4 cup. Add food coloring to the water before mixing if desired. Store in an airtight container or plastic bag.

Play Dough (cooked method)

Sara Shepley

Mix in a medium saucepan:

1 c. flour
1/2 c. salt
2 Tbsp. cream of tartar

Add:

1 c. water
2 tsp. vegetable food coloring

Cook over medium heat and stir (about 3-5 min.) It will look like a "globby" mess and you'll be sure it's not turning out...but it will. Store in an airtight container or plastic bag.

Play Clay

Hannah Brannaman

2 c. baking soda (1 - 1 lb. package)

1 c. cornstarch

1 1/4 c. cold water

Mix together baking soda and cornstarch in a saucepan. Add water and cook over medium heat, stirring constantly. When mixture is the consistency of moist mashed potatoes, turn out on a plate and cover with a damp cloth.

When play clay⁴ is cool enough to handle, knead it like dough until it is smooth. Roll out the play clay, between two sheets of waxed paper to about 1/2 to 1/8 inch thickness. Remove wax paper and cut into shapes.

To dry, heat shapes in a 350° oven for 15 minutes or until they are hard.

Play Dough

ISU Extension

Play Dough I

1 c. salt

1/2 c. cornstarch

3/4 c. water (colored with food coloring if desired)

Cook all ingredients over low heat, stirring constantly until it is a thick, doughy mass. Remove from heat and cool. Store in plastic bag or wax paper. Will keep 2-3 weeks.

Play Dough II

1 c. flour
1/2 c. salt
1 tsp. alum (optional)
water

Mix ingredients and add water a small amount at a time until it is consistency of stiff cookie dough. Add powdered tempera or food coloring if desired.

Play Dough III

4 c. flour
1 c. salt
1/2 c. water

Mix all ingredient. Knead to desired consistency. Mold or roll and form designs on baking sheet. Bake for 3 hours at 275-300°.

Play Clay

Hannah Brannaman

3/4 c. flour
1/4 c. white liquid glue
1/4 c. thick liquid shampoo

Combine all ingredients into a bowl. Knead, add more flour if needed. Roll out, shape or cut out. Can be painted when dry.



Artificial Snow
ISU Extension

1/3 c. instant laundry powder

2 Tbsp. soap flakes

1/2 c. cold water

Using a blender or beater, combine soap flakes and starch with water and beat until suds are stiff and dry.

The snow can be used for winter decorations and is attractive when stencilled on glass.

Finger Paints
ISU Extension

Finger Paint I

7 c. boiling water

cold water

1 1/2 c. starch

1 1/2 c. soap flakes

Mix starch with enough cold water to make smooth paste.

Add boiling water and cook until glossy. Stir in soap flakes while mixture is warm. When cool, add food coloring or powdered tempera. Keeps for a week if tightly covered.

Finger Paint II

Mix equal parts of soap flakes and water. Add tempera powder to color. Whip in blender until pudding-like consistency is reached.

Finger Paint III

Put water into a jar and add dry wallpaper paste until it reaches proper consistency. Adding a little liquid starch will make the finger paint creamier.

CAUTION: Do not store this finger paint more than 24 hours. It's a good breeding place for germs.

Clown Makeup
ISU Extension

1. Blend 2 tsp. shortening
5 tsp. cornstarch
1 tsp. flour
2. Add glycerin until creamy
3. Add food coloring if colored makeup is desired.
4. Peanut butter or shredded coconut may be used for facial texture.

CAUTION: Some children may be allergic to makeup. Never leave the makeup on for longer than 30 minutes.

White and Colored Face Paints
Hannah Brannaman

1 Tbsp. white shortening
1 1/2 tsp. cornstarch
1 tsp. white flour
1/2 tsp. glycerine

Cream together all ingredients. Add food coloring as desired. Mix well. If face paints do not spread easily, add more glycerin. The face paints may be stored in small jars.

Brown face paint
1 Tbsp. white shortening
1 1/2 Tbsp. plain cocoa

Cream together the shortening and cocoa.

